GOOD NEWS FOR HOMEMAKERS

Shirley W. Walton
Extension Agent

Milk Contributes Many Nutrients to our Diet

In practically every dietary guide or food plan one can find, people are advised to consume milk and other dairy foods. The United States Department of Agriculture (USDA) and many authoritative dietary sources recommend three eight-ounce glasses for children per day. Four glasses of milk are recommended for adolescents and pregnant and lactating females. Adults need two glasses of milk per day or the equivalent. Other levels of consumption also can be obtained by substituting other dairy foods such as cheese, yogart and ice cream for all or part of the dietary recommendations.

In 1976 a USDA survey indicated that dairy foods, including butter, contributed only 11.2% of the calories available for consumption in the United States. However, these same dairy foods provided 75% of the calcium, 34.9% of the riboflavin, 34.8% of the phosphorus, 21.9% of the protein, 21.6% of the magnesium, 20.1% of the Vitamin B12, 13% of teh Vitamin A value, 10.3% of the Vitamin B6 and 8.6% of the Thiamine found in our foods. Most milk is fortified with Vitamin D. Only 6 to 7% of the calories in the food supply are contributed by milk fat. Therefore, milk is a good nutrient, with not too many calories.

The high nutrient content of dairy foods when compared to the calories that they contain make these foods an economical source of nutrients for the calorie-counter. Many people are very calorie and weight-conscious today. This is very important. An excellent nutrient profile also makes milk and other dairy foods a very good nutritional choice when we are selecting our foods.

There is also evidence for interaction between and among specific nutrients in milk that further increase its nutritive value. For example, milk is the only natural dietary source of lactose. Recent studies show that lactose enhances the uptake of calcium by interacting with the cells of the intestinal walls to increase absorption. Consuming milk and dairy products in our daily food choices is a sound policy for people concerned with proper nutrition. Remember, milk and dairy products are a wise choice when we are selecting foods to eat. These are very nutritious and give us good nutritional value for the amount of calories we consume.

TIP FOR THE WEEK: It is easier to grate or shread cheese when it has been taken directly from the refrigerator, and that holds true whether you are using a hand-grater, blender or processor.

TARTONI

Ingredients are:

½ gallon vanilla ice cream
1 small jar maraschino cherries
1 package slivered almonds
2 dozen coconut macaroon cookies, crushed

Directions:

Soften ice cream crush cookies and mix all ingredients together. Refreeze and cut into squares. You can add more cherries for color and flavor, as well as slivered almonds if you wish.

Many thanks to Mrs. W. C. Dudley for sharing this delightful recipe with us. This is an excellent dessert for summertime. Mrs. Dudley took this delicious dessert to a recent Farm Bureau Dinner Meeting. It was the hit of the evening, and many ladies requested that this be put in the paper as the Recipe of the Week. Many thanks, Mrs. Dudley, for sharing this good recipe with us.

PAMPLIN

Mrs. W. M. Black is a patient in Lynchburg General Hospital, we wish her a speedy recovery.

Visitors in the home of Mr. and Mrs. Lynford Comer last week were Mr. and Mrs. Barry Austin and family of Richmond, and Mrs. Madeline Higgins of Harrisonburg, Virginia.

Our sympathy is extended to the family of Mr. Edward Burrell.

First Lt. George Welch has returned to Alabama after a visit with his parents, Mr. and Mrs. P. E. Welch.

Mrs. C. W. Taylor has returned home from Lynchburg General Hospital.

Mr. Lloyd Inge returned home last Friday from Lynchburg General Hospital.

Mrs. Wilsie Davis celebrated her 69th birthday on Saturday, May 27th. She was honored by her children with a surprise birthday party. One of her sons took her for a ride,to visit their old home place upon arrival. Mrs. Davis was literally shocked to find a house full of guest singing "Happy Birthday" to the honoree. Among the guest were all of her children, grandchildren, sisters and many other out of town and local relatives and friends. The evening was spent enjoying delicious refreshments from a beautifully decorated table. Mrs. Davis received many lovely as well as useful gifts.

DIAL GOOD NEWS
352-7900

BECKHAM

June 5 - Mr. and Mrs. Larry Stallings and girls of Belvidere, North Carolina returned home on Monday after spending the week end with Mr. and Mrs. Alfred Moore and Timmy Moore.

Mr. and Mrs. Bill Jones of Oklahoma visited Mrs. H. C. Moore and other relatives recently.

Mrs. Howlett Drinkard and Miss Eunice Martin recently visited Mr. R. B. Martin in Virginia Baptist Hospital.

Mrs. Jimmy Moore is a patient in Virginia Baptist Hospital.

Michael Henderson is spending some time with Mr. and Mrs. John Moore.

There was a fish fry on the lawn at the home of Mr. and Mrs. L. E. Martin Sunday evening. Rev. and Mrs. F. J. Wingfield, a former pastor of the Methodist churches here, was present with the one hundred forty five relatives and friends for the occasion.

Monica Stratton spent the week end with Jennifer and Traci Schmutz. They were Saturday dinner guest of Melanie Morris.

Ronnie Morris is expected home on Tuesday for the summer from Atlanta, GA where he has been attending Emory University.

Mrs. Clyde Moore spent last week with Mr. H. O. Martin and Emory Martin.

Mr. and Mrs. L. E. Martin recently visited Mr. and Mrs. Eural Martin and Don, honoring Mr. Martin on his birthday with a birthday cake.

Cannan Baptist

Business church meeting Saturday, June 10 at 7:30 p.m.

Regular preaching service June 11 at 11:30 a.m. Rev. C. L. Elliott, pastor is in charge. The Canaan Echoes will render the music. Communion will be served.

Rev. C. L. Elliott will be honored for his 8th Anniversary at Canaan June 11th at 7:30 p.m. Rev. J. W. Paige will be the guest speaker and his Senior choir from Mt. Shiloh will render the music. Men's club in charge of service.

On June 18th a 3 way sermon for Father's Day will be sponsored by Deacon George W. Scruggs at 7:30 p.m. Speakers Rev. J. W. Paige, Rev. C. L. Elliott and Rev. J. D. Scruggs will be the speakers. Rev. Winston Jones, will be the MC.

The Usher Board will celebrate their anniversary June 25 at 3 p.m.

Miss Jackie Evans will be in charge. Please come and worship with us.

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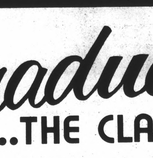

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Margaret Ann Baker
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Teresa Litchford Bryant
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Dawn Teresa Davis
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Lisa Darlene Doss
Wanda LaTrelle Ewers
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* Laura Marie Fraley
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Holly Isabelle Franklin
* Veronica Laine Franklin
Rita Faye Garrett
Linda Lee George
Karen Lea Gillaspie

Stephanie Leigh Gilliam
* Rose Inez Glenn
Brenda Ann Goin
Dorothy Ann Goin
Brenda Ann Hamlett
Sarah Ann Hamlin
Carolyn Louise Hancock
* Bessie Gaye Hash
* Marzetta Faye Hodnett
Zelda Darlene Holt
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Shirley Diane Johnson
Angie Rebecca Jones
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Jaquetta Lynn Jones
Jeretha Lisa Jones
Martha Doretta Kelso
Shirley Lucille Kress
* Marinda Gay Lawson
Melinda Diane Lee
* Loretta Lynn Lettner
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Kathy Burnes Lewis
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Kathryn Ann Mitchell
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* Margaret Marlene Moore
Diana Moorman
Cynthia Van Morris
Josephine Pauline Mosley
Debbie Lynn Mottley
* Connie Frances Murray
Diana Lynn Nelson
Pamela Margaret O'Brien
Sandra Lee Pankey
Lonnette Sue Reynolds
Lynn Renee' Reynolds
* Laurie Selz
* Laura Jeanne Shorter
Becky Youlonda Simmons
Victoria Lee Smith
Mary Elizabeth Smoak
Sharon Elaine Fleshman
Sherry Jo Terry
Brenda Lee Thompson
Verna Denise Thornton
Helen Vanessa Trent
Pamela Gaye Turner
Donna Marie Volturo

Cora Elaine Walker
Doretha Walker
Sheena Aurelius Watts
Evelyn Viola Webb
Merry Melinda Wright
Terry Glenn Almond
Stanley Kermit Austin
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THEN and NOW!

By Frances H. Paulette

Elvie Marshall Wooldridge and her late husband, Walter Witt Wooldridge, taken a short while after their marriage; she was fifteen when she was married.

Elvie - She's Only 87!"

The day was biting cold, the kind of biting cold that doesn't let go, but Elvie Marshall didn't seem to notice. She was much too excited!

January 17, 1906 was the most important day in the life of the young lady with the deep brown eyes and ready smile. Elvie was a woman now, all of fifteen years old, and today was her wedding day!

Born on April 23, 1891 in Appomattox County near Red House, Elvie was one of three daughters of Robert Lee and Ada Fleshman Marshall. On this day she would become the bride of Walter Witt Wooldridge, necknamed "Moody."

Elvie's parents made sure that her wedding outfit was of the finest possible quality; had they not made the trip all the way to Brookneal in order to purchase her wedding finery from Walthall's Store?

Surveying herself in the long mirror she found it hard to believe the lovely reflection that met her eyes. The shirred silk dress was just the right shade of blue; the high fluted collar added just the right touch of sophistication.

Elvie must remember to hold her head erect, otherwise the new, beautiful blue velvet hat that was adorned with a bird made of real white feathers might be inclined to topple a bit. There must be absolutely nothing of that nature to mar the beauty of the occasion. In just a little while they would leave for the Red House parsonage, the home of the Rev. D. S. Hubbell, the minister who was to perform the ceremony . . .

As she sat in her comfortable living room in the spring of 1978, Elvie thought, "Oh my! It was so long ago and far away! I can't believe it happened. Seems more like a dream."

Oh yes indeed, Elvie, it really happened!

When Elvie Marshall and "Moody" Wooldridge were married in the Red House Parsonage on that cold day in January of 1906, they went, immediately following the ceremony, to the home of "Moody's" parents on the Red House Road. They remained there until "Moody" completed the addition to the house he was preparing for his new wife. Incidentally she still resides in that same home today; her great-niece, Shirley Harvey Martin, who is really a daughter in every sense, she was reared from infancy by Mrs. Wooldridge, and her husband, Fred H. Martin, share Elvie's home and the ownership and responsibility of the Martin-Wooldridge Home For The Aged.

On March 2, 1906, not quite two months following their wedding, they moved into their house, their first and only home. They were a proud couple indeed!

Despite her 87 years, Elvie would not ordinarily take the time to go rambling in her storehouse of memories. The only reason she had the time now was because of a broken hip sustained in a fall at her home on February 26, 1978. This required hospitalization; her first trip! Imagine, 87 years of age and her first trip to the hospital in the 87th year! This also necessitated in her slowing down a bit and gave her time to reflect. Once again her mind went back in time . . .

Long Creek School . . . what pleasant memories that name brought to mind; Miss Annie Branch was the teacher. Leting her mind wander back to her school days, she could picture the classroom as clearly as though she was seated at her desk.

With a big, black stove in the middle of the room for warmth, there was little else in the way of conveniences in the school of THEN. The county didn't provide outdoor toilets; when necessary, the students, after asking permission, would take a walk. Water was carried from a nearby spring and everybody used the same dipper; germs? I guess when one of the youngsters had 'something', everybody had it!

Elvie, like all the other students, carried her lunch to school in a basket. (Some used a little tin bucket). At the rear of the classroom, behind the last bench, the youngsters stored their lunches until the teacher declared it was lunchtime.

One little fellow was a favorite with all of the other students; he often brought 'pop-corn sticks' that his mother had made and the best part of all, he was willing to share! Then there was the other student . . . she was not a favorite! She had a terrible habit!

When the teacher was busy with a group of students on the opposite side of the classroom, this particular girl would find some excuse or other to go to the rear of the room and there she did her dirty work!

As quickly as possible, so as not to be noticed, she would "snitch" a bit from the lunch baskets and buckets stored there. She didn't take everything, just the 'choice' items! I wonder how long she got by before her dirty work was discovered?

When Elvie and her two sisters were young their father, Mr. Marshall, decided to leave the farm and get a job with the railroad system. He secured a position with the C & O Railway System; his job was section foreman. His family moved into housing facilities provided for railroad employees called a Section House.

Nearby where Elvie and her family lived in the Section House there was a family who owned some little pigs that were allowed to run loose. Everybody said it was bound to happen . . . it did!! The pigs wandered onto the tracks in the path of an oncoming train and were killed. Elvie witnessed the accident.

Without her mother's knowledge, Elvie, about six at the time, ran as quickly as possible to the tracks, picked up one of the little pigs and hurriedly took it home. Calling her mother outside she said, "Look Mama, meat for supper!"

Elvie still remembers the look of horror on the face of her mother. She doesn't remember what they had for supper but it was NOT fresh pork!

I asked Mrs. Wooldridge how she happend to get into the field of caring for people.

"The same year I was married," Elvie said, "My mother-in-law suffered a stroke." She took care of her and later was to have the responsibility of caring for her husband who was an invalid for seven years before his death. Then, she kind of 'eased' into the field of practical nursing. After her husband's death she was in constant demand because of her reputation of caring, really caring for those people to whom she provided nursing care. Later she began the Home For the Aged in her home.

For more than forty years she has been caring for people, often the patients, or guests as she prefers to call them, were younger than Elvie.

When I asked her how she managed to live such a busy full life at her age. She replied, "I do it with all of the ease in the world, because God takes care of my every need. He is my strength."

In speaking of the difference in life-styles THEN and NOW, she replied, What we wear today is nothing like the long skirts with the starched petticoats of long ago. "Moody" and I never had a car; his health was bad and I discouraged his buying one. Besides, we didn't need it, we had our horse and buggy."

As she spoke of the farmers THEN plowing with oxen, planting tobacco with a wooden peg after waiting for rain and dropping corn by hand when planting time came, she remarked, "There is such a change, it is hard to believe it is the same world. Everything has changed!"

Mrs. Wooldridge, some things never change.

A deep abiding faith in God, a genuine concern for your fellowman, the strength and courage to face disappointments as well as those mountain top experiences, these are characteristics of a very special person . . . and her name is Elvie!

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Mrs. Elvie Wooldridge NOW; at 87 she keeps busy caring for the aged!

HOLLYWOOD

Mrs. Ioan Rowels Mayberry spent a few days last week in Lynchburg with her cousin Mrs. Tom Tuggle.

Mrs. J. C. Jennings and Carol Ann called in the homes of Mrs. Kenneth Deaner, Mrs. Thomas Woodall and Mrs. Mary Bagby Thursday afternoon.

Mr. and Mrs. Robert Coleman and Mrs. W. T. Covington were luncheon guest of their sister Mrs. J. L. Torrence Wednesday. Rev. and Mrs. Otis Smith of Charlottesville visited Mrs. Torrence Wednesday morning.

Mrs. Louise Carnefix and Ms. Mary Garrett were visitors Thursday in the home of Mr. and Mrs. Robert Coleman, Mr. and Mrs. Frank Hancock and Mrs. J. L. Torrence and Mr. Calvin Smith called in this home Saturday and last week.

We were very sorry to hear of the death last week of Mr. Joe Bryant. Much sympathy is extended his loved ones.

Mr. and Mrs. Hal Webb and Mr. and Mrs. Billy Webb and son of Richmond were dinner guest Sunday of Mr. and Mrs. Richard Webb and family.

Visitors in the home of Mr. and Mrs. W. H. Wingfield and family Sunday were Mr. and Mrs. Roy Williams of Lynchburg and Mr. and Mrs. Bill Watson and children.

Mrs. Claude Hamlett and daughter Brenda of Hurt visited Mrs. Hamlett's mother Mrs. Grover Beasley Sr. Thursday. Mr. Grover Beasley Jr. visited Mrs. Beasley Sunday.

Visiting Mrs. Mary Bagby last week were Mrs. J. L. Torrence, Mrs. James Conner, Mr. H. W. Jenkins, Mr. Leslie Goin, Mr. Alfred Almond, Mrs. Ruth Watson, Mr. and Mrs. W. H. Wingfield.

Relations and friends are very sorry to hear of the illness of Mr. Frank Woodall of Lynchburg. Our prayers are with him and his loved ones. May he have a speedy recovery. Mr. and Mrs. Thomas Woodall and Lisa visited in this home Saturday.

Rev. Paul Balthaser called in the homes of Mrs. W. T. Covington, Mr. H. W. Jenkins and Mrs. Mary Bagby Thursday night.

Visitors of Mr. and Mrs. Andy Davis and daughter Saturday were Mr. and Mrs. Leon Rasnake and daughter of Scottsville and Mr. and Mrs. Thomas Woodall and Lisa.

Relatives and friends were real sorry to hear Mr. Billy Inge is a patient in the Virginia Baptist Hospital. We are praying he will have a very speedy recovery. Among others visiting him Sunday were Mr. and Mrs. L. L. Webb, Mr. and Mrs. Scott Sheets, Dr. and Mrs. Tom Shumaker and family and Mr. and Mrs. Henry Covington.

Mr. and Mrs. Frank Hancock of Richmond spent the week end with her mother Mrs. J. L. Torrence. Dinner guest Sunday of Mrs. Torrence besides Mr. and Mrs. Hancock were Misses Mary and Cornelia Woodson, Mrs. Lucy Ferguson, Mrs. Cassie Deranso, and Mrs. Hettie Hope, all of Lynchburg and Mrs. Thelma Conner, Mr. and Mrs. Elliott Torrence were supper guest in this home Sunday night.

Mr. and Mrs. Kenneth Deaner, Miss Dawn Deaner, Mrs. Ioan Rowles Mayberry and Mrs. Tom Tuggle spent Sunday in Roanoke with Mr. and Mrs. Kenneth Wingfield and family.

Mrs. W. T. Covington spent the week end with Mrs. Mary Bagby. Those visiting in this home Sunday were Mr. and Mrs. James Woodall and Mrs. Thomas Woodall and Lisa and Julia Wingfield.

Mr. and Mrs. W. H. Wingfield, Miss Julia Wingfield and Mr. and Mrs. Donald Webb and Matthew visited Mr. George Jennings and Mr. and Mrs. J. C. Jennings and family Sunday night.

Mrs. Hal Bryant will enter Lynchburg General Hospital Tuesday. Our prayers are with her and her loved ones. We wish for her a very speedy recovery.

Jordan News

On Saturday, June 10, beginning at 3:00 p.m. the Senior choir will be sponsoring a Old Fashioned Supper at the old Oakville School building. Come on out and buy your supper. All tables are asked to have their food there by 2:00 p.m.

Children's Day will be held Sunday immediately after Sunday School. We urge all the parents to come out and see what their children can do.

The Young Adult Choir will practice Tuesday night at 6:00 p.m.

Latin Banquet And Installation

The Latin Banquet brought an end to a very successful year for the Appomattox County High School Latin Club. The Banquet began with the installation of the 1978-79 officers. The President, Judy Zimmerman, was re-elected for another term. Vice-President, Tommy Williams, turned his duties over to Ricky Mitchell and Vice-President, Sandra Ferguson, was re-elected for another term. Sharon Woody, who held the position for Secretary-Treasurer, turned her duties over to Cindy Simpson for Secretary and Lorna Goin for Treasurer. The Historian of the Latin Club Laurie McLean, turned her duties over to Mary Catherine Simpson. Rhonda Nash received the duties from Ricky Mitchell for Chaplain. Robert Harding received the duties of Parliamentarian from Lisa Moore and Melinda Davis received the duties of Reporter from Pam Guill. Each of the incoming officers were awarded yellow roses. After the installation, the Chaplain, Ricky Mitchell, presented the Invocation. Judy Zimmerman, with a gift for a job well done during the 1977-78 school year. Ricky then gave the Invocation and the dinner was served.

After the dinner, much talent was shown during the entertainment. Cheryl Walton played "Ease On Down The Road" on the piano. Mary Catherine Simpson played "If", and Melinda Davis and Sandra Ferguson played "The Theme From Love Story" as a duet, all on the piano. Judy Zimmerman sang "The Way We Were" with Mary Catherine Simpson accompaning her on the piano. Allen Smith gave a monologue entitled "What it was, was Football." Rhonda Nash gave a skit entitled "Ragdoll - Come to Life." Greg Davis gave a magic show. Everyone then returned home filled from the dinner and relaxed from the entertainment.

Melinda Davis, Reporter

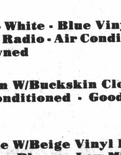
Pamplin A.A.R.P. To Hear Talk On County Social Services

Thursday evening, June 8th, at 7:30 p.m., the Pamplin AARP Chapter will hold its regular meeting at the Pamplin Charge United Methodist Church.

After a half hour meeting, members of the Appomattox County Department of Social Services will be on hand to speak.

Mr. Richard Martin will speak on adult service work and volunteer services needed. Mrs. H. E. Carwile and Mrs. Virginia Babcock will speak on foster care and the need for foster homes.

For an entertaining evening, plan to attend - Membership is not necessary.



Treasure Island Summer Camp

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There will be swimming in the big pool, exciting activities, and great times every day!

Your team will compete all week for awards that will be given at the Awards banquet Thursday night. You will enjoy the wildlife studies and the activities with your cabin. There will be Bible studies in the morning and a great all-camp program every night. The Christian movies, the great food, and the good friends you meet will make this week one you will treasure for a lifetime!

Each application must be accompanied by a registration fee of $10, but the tuition is free! You will want to bring money along for the snack shop and camp store.

The gates open each Saturday at 1:00 p.m., and camp officially begins with supper Saturday night.

CAMP BEGINS each Saturday, beginning June 10, 1978. The last week of camp, July 28-August 4, will be a special SPORTS CAMP where all campers will receive special training in soccer, volleyball, basketball, wrestling, and cheerleading.

APPLICATION FOR TREASURE ISLAND JUNIOR CAMP
Mail to Herb Owen, Camp Director, Treasure Island, Box 1111, Lynchburg, Va. 24505

Camper's Full Name
Birthday What does camper like to be called?
Home address City State Zip
Sex Home phone number Grade (77-78)
Church

DATE YOU ARE COMING

I hereby request permission for the above named minor child to attend Treasure Island Junior camp for my capacity as parent and guardian of the above child. I hereby waive any right that I or said minor child may have to sue Thomas Rose or their Church, The Old Time Gospel Hour, Inc., or any of their employees, directors and officers, managers or lessees sustained by the above, as well minor while participating in the camp program. I further agree to hold Thomas Road Baptist Church, The Old Time Gospel Hour, Inc., and any of their employees, directors and officers and their agents harmless from any legal or equitable action is brought against any of them as a result of any and all injuries, damages, or losses with which the above mentioned minor while at Treasure Island or while participating in any excursions away from camp.

Finally, I hereby appoint the camp director, Herbert I. Owen, and the camp nurse on duty to act in loco parentis, as provided in Section 56-187 (b) of the Virginia Code, to give consent for emergency medical or surgical treatment of my above named child by a licensed physician.

Date Signature

Information on what to bring to camp will be sent upon receipt of application.
For further information call: 239-9281 ext. 27

USED CAR Specials

1977 CHEVROLET
Caprice - 4 Door - Yellow W/Red Vinyl Top - Red 50/50 Vinyl Seats - Power Windows - Power Door Locks - Cruise Control - Tilt Steering Wheel - Power Antenna - Rear Window - Defogger - AM/FM Stereo W/Tape - Digital Clock

1977 CHEVROLET
Impala - 4 Door - Silver - Blue Vinyl Top - Blue Vinyl Seats - AM/FM Radio - Air Conditioned - New Tires

1977 CHEVROLET
Monte Carlo - Green W/Buckskin - Vinyl Top - Buckskin Vinyl Interior - AM/FM Radio - Cruise Control - Low Mileage

1977 CHEVROLET
Malibu - 4 Door Sedan - White - Blue Vinyl Top - Blue Vinyl Interior - AM/FM Radio - Air Conditioned - Only 9600 Miles - Locally Owned

1976 CHEVROLET
Impala - 4 Door - Green W/Buckskin Cloth Interior - AM/FM Radio - Air Conditioned - Good Condition - Like New Tires

1974 CHEVROLET
Caprice - 4 Door - Beige W/Beige Vinyl Interior - Air Conditioned - AM W/Tape Player - Low Mileage

1973 CHEVROLET
Caprice - 4 Door Hard Top - White Buckskin - Vinyl Top - Beige Cloth Interior - Power Windows - Power Seats - AM/FM Radio - Comfroton Air Conditioning - Low Mileage

25 OTHER CARS & TRUCKS TO CHOOSE FROM
Come On In And Check The Good Buys Out.

MOSES MOTOR CO., INC.
APPOMATTOX, VA.
DEALER LICENSE NUMBER 3